



Family Caregivers Unite!
Archives Available
November 19th 2012: Dealing with Diabetes, Diet and Daily Living, How Family Caregivers Help

Dr. Ian Blumer is a diabetes specialist, www.ourdiabetes.com. Kim Banting is a Registered Nutritional Consultant, <http://is.gd/nAw32K>. They describe their personal backgrounds, experience of family caregiving, and work in diabetes. They discuss diabetes trends, how unhealthy diet and lifestyle harmfully interact with diabetes. They explain what family caregivers should know when a family member has diabetes or is at risk of it. He says why a healthy lifestyle should include the ways in which persons with diabetes and their family caregivers interact with physicians and the healthcare system. S

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Kim Banting

Kim Banting is a Registered Nutritional Consultant. She graduated from Global College of Natural Medicine with honours and is a member in good standing with the International Organization of Nutritional Consultants. She began her own business, Flourish, in 2009. Previously, she worked as a personal chef. She was inspired to make a career change while working with a client using a whole-foods diet and an elimination process to target food sensitivities. Witnessing his health improvements over a period of weeks convinced her to return to school and marry her passion for food with optimal wellness. Now she strives to educate her clients about the impact food has on their individual health. Sh

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Ian Blumer

Dr. Ian Blumer is a diabetes specialist in Toronto, Canada. He's medical advisor and director of the Charles H Best Diabetes Centre and has a teaching appointment with the University of Toronto.

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